



English Formative Test – 10th Form – Block 0 2013/2014

The final task you are expected to complete is

to write a text about sports in your life.

Activities A and B will provide you with input for Activity C.

ACTIVITY A

1. Match the words/expressions related to practising sports in A to their definitions in B – Three of the definitions do not apply. Write only the numbers.

A

a- goal-setting skills ____

b- tightens bonds ____

c- endurance ____

d- mood-lifter ____

e- get in shape ____

B

1- makes one feel better, happier

2- creates addiction

3- makes friends come closer to one another

4- to become physically healthy

5- to keep in balance

6- the ability to define what it is one wants to achieve

7- lose too much weight

8- the ability of an organism to exert itself and remain active for a long period of time

2. Complete the following text with five words from the box. Use each word only once.

According to the President's Council on Physical Fitness and Sports, children need 60 minutes of **a)** _____ each day. Children who join sports **b)** _____ exercise while improving their physical, **c)** _____ and social well-being. The American Academy of Child and Adolescent Psychiatry reports that behaviour learned in **d)** _____ influences future adult behaviour; youth involvement in sports instils **e)** _____ habits and behaviours in children.

•teams
•unhealthy

•psychological
•childhood

•healthy
•adulthood

•exercise
•behaviours

3. Complete the sentences with the words from the box above that you haven't used.

a) Practising a sport in childhood will have a positive influence in our _____

b) If you practise a sport, you will avoid _____ habits.

c) It is proved that children who participate in sports have less risky _____

ACTIVITY B

Read the following text.

Michael Phelps

Michael Fred Phelps was born on June 30, 1985 in Baltimore, Maryland, the youngest of three children. His father, Fred, an all-around athlete, was a state trooper; mother Debbie was a middle-school principal. When Phelps's parents divorced in 1994, he and his two older sisters, Whitney and Hilary, went to live with their mother, with whom Michael grew very close. §1



Phelps began swimming when his sisters joined a local swimming team. After he saw swimmers Tom Malchow and Tom Dolan

compete at the 1996 Summer Games in Atlanta, Phelps began to dream of becoming a champion. He launched his swimming career at the Loyola High School pool. He met his coach, Bob Bowman, who immediately recognised Phelps's talents and fierce sense of competition. They began an intense training regime together and, by 1999, Phelps had made the U.S. National B Team. §2

At the age of 15, Phelps became the youngest American male swimmer at an Olympic Games in 68 years and, in the spring of 2001, he set the world record in the 200-metre butterfly, becoming the youngest male swimmer in history to ever set a world swimming record. He then broke his own record at the 2001 World Championships in Fukuoka, Japan, earning his first international medal. §3

Several world records and medals followed, until he became a superstar at the 2004 Olympic Games in Athens, Greece, winning eight medals (including six gold), tying with Soviet gymnast Aleksandr Dityatin (1980) for the most medals in a single Olympic Games. §4

In 2012, Phelps's Olympic medals increased to 22, setting a new record for most Olympic medals and beating gymnast Larisa Latynina's prior record of 18. §5

In addition to his successful swimming career, Phelps has written two books. His second book, "No Limits: The Will to Succeed", hit bookstores on December 9, 2008. Phelps also co-founded the non-profit organisation Swim with the Stars, which holds camps for swimmers of all ages. §6 <http://www.biography.com/people/michael-phelps-345192?page=2> (abridged)

1 Why can we say that Michael Phelps is an extraordinary athlete?

2 In note form, complete this timeline.

Date	Event
June 30, 1985	
1994	
1996	
1999	
2000	
2001	
2004	
2008	
2012	

3 Reread paragraphs 1, 3 and 5 and find appropriate words/phrases to fill in this table.

	SYNONYM	ANTONYM
headmaster (BE)	1)	
oldest		2)
was the worst athlete		3)
besides	4)	

4 Complete the following sentences according to the text BUT by using your own words.

- Phelps started dreaming of becoming a champion when _____
- Bob Bowman noticed _____
- He set an Olympic record _____

5 Fill in the blanks with words formed from the ones given in brackets.

- By doing a lot of sports, you will definitely keep _____ (fitness).
- Swimming is one of the most _____ (completion) sports. You should do it if you have _____ (healthy) problems.
- I do think you should enter the _____ (compete). You are a good _____ (athletics).
- _____ (commit) and _____ (resistant) are two key-features if one really wants to _____ (success).

6 Put the verbs in brackets in the *present simple*, *present continuous*, *past simple* or *past continuous*.

- Phelps _____ (retire) from competition but he _____ (continue) to promote swimming as a means to be active and healthy.
- We _____ (have) a picnic when it _____ (start) to rain.
- I _____ (chat) with my friend at the moment.
- He usually _____ (help) me with dinner but today he _____ (work) late.
- Yesterday I _____ (go) to the disco, I _____ (meet) some young people and we _____ (have) a lot of fun.
- Last night, when we _____ (sleep), there _____ (be) an explosion.
- What _____ you _____ (do) now?
- I usually _____ (go) to work by bus but today I _____ (drive) my car.
- London _____ (organise) the 2012 Olympic Games.

BEYONCÉ: FACT FILE

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.